

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A294 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 6.5 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better strawberries, sliced, with sugar added. Fruit/sugar ratio is 4 to 1.
PACK/YIELD	<ul style="list-style-type: none"> 6/6.5 lb plastic tubs per case. Each case weighs about 39 lbs. One 6.5 lb tub AP yields about 11½ cups thawed, sliced strawberries and juice and provides about 46.1 ¼-cup servings thawed fruit and juice. One lb AP yields about 1¾ cups thawed, sliced strawberries and provides about 7.10 ¼-cup servings thawed fruit and juice. CN Crediting: ¼ cup thawed, sliced strawberries and juice provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration. Store opened thawed strawberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.



Nutrition Information

Strawberries and juice, sliced, sweetened

	¼ cup (64 g)	½ cup (128 g)
Calories	61	122
Protein	0.34 g	0.68 g
Carbohydrate	16.52 g	33.05 g
Dietary Fiber	1.2 g	2.4 g
Sugars	15.31 g	30.61 g
Total Fat	0.08 g	0.17 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.38 mg	0.75 mg
Calcium	7 mg	14 mg
Sodium	2 mg	4 mg
Magnesium	4 mg	9 mg
Potassium	62 mg	125 mg
Vitamin A	15 IU	31 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	26.4 mg	52.8 mg
Vitamin E	0.15 mg	0.29 mg

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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none"> Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.
USES AND TIPS	<ul style="list-style-type: none"> Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts, or other baked items. Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, or French toast.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. Do not refreeze strawberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.